



## The Two Sentence Curbside Consult

### 8 Tips for the Behavioral Health Clinician to concisely present a Warm Hand Off to a Primary Care Provider

What to leave in	What to leave out
Ask the PCP if they are available and ready for a quick consult. The BHP adjusts to the pace of the PCP to avoid disrupting the PCP's pace.	<i>Prior</i> to your consult, determine what information the PCP needs to know. Leave out the other information and be ready to answer if the PCP wants a deeper dive into your clinical formulation and assessment.
Presenting problem. The PCP may want to know important demographics such as age, gender, culture and the main care concerns. Know this before you start the consult. PCPs only want to know information that will directly impact how they approach the patient.	Background and details of how you arrived at the diagnosis. Pertinent negatives are not usually necessary. (One important pertinent negative might be 'patient is not suicidal.')
Specific data such as a PHQ-9 score and presenting symptoms.	PCPs may not have time to hear the dynamics behind the symptoms, so start with a symptom list and allow the PCP to ask for more detail if they require it.
Relevant background information. Clinical diagnoses, current medications with prescribed doses, associated social circumstances.	Historical narratives. Wait for a prompt from the PCP if they want more details.
Any safety concerns and if there is a plan to address these concerns.	The PCP may not want the details of the plan, but only that one is in place.
Current mental status. The PCP needs to establish rapport quickly – what mood, concerns, and orientation should the PCP be aware of?	Don't directly tell your PCP how to approach their patient, provide them the facts they need to be able to adjust.
Communicate and understand if the PCP wants you in the room together, available after, or any other ways you can support her during the visit.	Don't abandon your PCP – your role is to support the patient <b>and</b> the PCP.
Have a recommendation ready for the PCP's review and approval.	Ask the PCP what they would like from you to help the patient.



## Examples of Two Sentence Curbside Consults

### Example #1 Discussing Medications with a Primary Care Provider

“This is a 34 year old woman who delivered her second baby four weeks ago and now she is scoring 18 on the PHQ-9. She has good supports at home and the baby is safe, but I think she would benefit from antidepressants.”

### Example #2 Addressing Substance Use in Primary Care

“This is a 55 year old man who has cut down his drinking from 12 beers per day to 2 or 3. His A1C score is down from 8.5 to 6.5; he agrees to continue focusing on his nutrition and physical activity goals and maintain his current alcohol use.”

### Example #3 – Navigating Benzodiazepines

“The patient is a 24 year old male with a chief complaint that he is anxious and cannot sleep. Patient has a history of requesting benzodiazepines – I explained our policy about prescribing these meds, the dangers and addiction issues, and he is accepting that you may not choose to prescribe these medications and he is willing to see me for a follow up appointment to work on a sleep hygiene plan that we started today. Would you like me to join you in the exam room?”

(Adapted from the Center for Integrated Health Solutions)